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LIFE-AND-DEATH PREDICAMENT IN GAZA

RESIDENTS ARE BEING TOLD BY ISRAEL TO FLEE AREAS IT PLANS TO STRIKE, BUT MANY HAVE NOWHERE TO GO

PAGE 10

Charges loom for Mike Duffy

RCMP is expected to announce criminal charges against the suspended senator today

PAGE 9

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Liknes family thanks Calgary for 'strength'

Charged. Triple-murder suspect makes brief first court appearance

Allen Liknes thanked Calgarians Wednesday for their outpouring of support, as the man accused of three murders in in the slaying of five-year-old Nathan O'Brien and his grandparents made his first court appearance.

Liknes, son of businessman Alvin Liknes, said the tributes and search efforts have helped his relatives get through what's been an "incredibly sad" affair.

"The family has taken a lot of strength from it," Liknes told a throng of media gathered outside the downtown courthouse.

Douglas Garland, 54, faces two first-degree murder charges and one second-degree charge in connection to the alleged abduction case that's gripped Calgarians since the disappearance was first made public.

The case was adjourned until mid-August with the defence counsel asking for more time to get disclosure of the police investigation.

Garland's lawyer, Kim Ross, also told reporters he'd wait to thoroughly review those files before deciding, "whether or not we'll seek any kind of release."

Lead Crown prosecutor Shane Parker said outside court he would be opposing bail for Garland as the case moves forward.

The court proceedings come the day after Calgarians released green balloons as a symbol of hope, and others have formed search parties to continue looking for the missing trio.

Alvin Liknes, his wife Kathryn and grandson Nathan were last seen at the couple's Parkhill-area home on June 29.

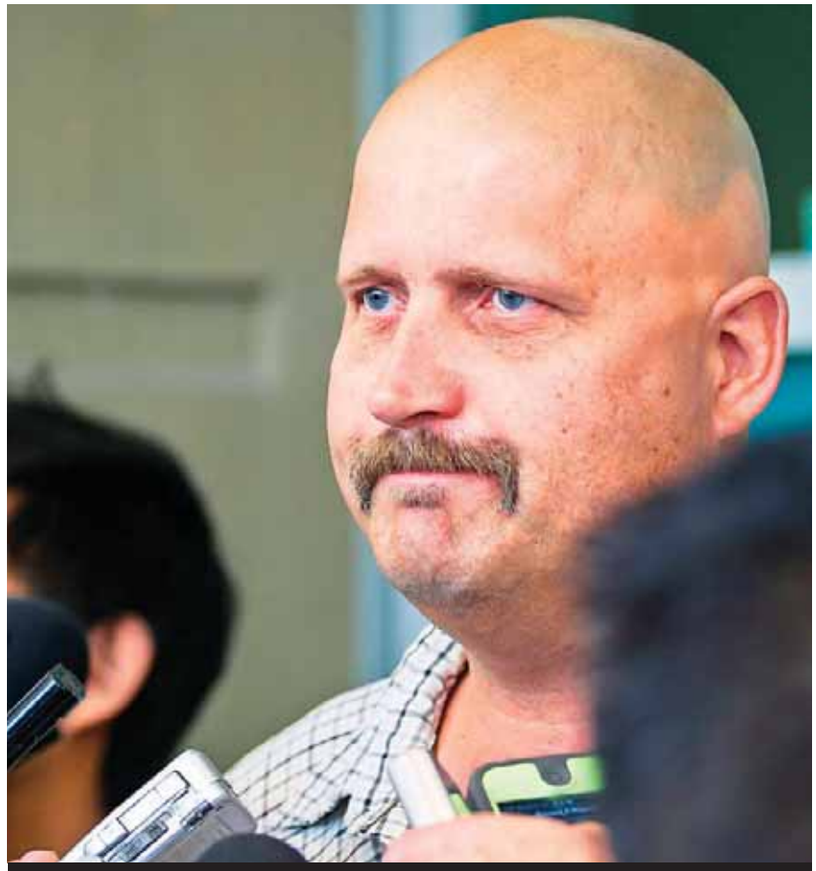
Police have alleged a "violent crime" occurred inside the home and told reporters they found forensic evidence that suggests the trio didn't leave on their own volition.

Garland was arrested near his parents' acreage in Airdrie earlier this week, which has been the ongoing site of a massive search.

Allen Liknes was also asked about how his common-law wife Patti — who is Garland's sister — was doing.

"Not good, thanks guys," he said walking away.

BRYAN WEISMILLER/METRO



Allen Liknes was the family's lone representative in court Wednesday as the accused in the triple-murder investigation made his first court appearance. JEFF MCINTOSH/THE CANADIAN PRESS

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Civilians urged to leave Airdrie search to pros

Triple murder investigation. Police fear contamination, spread of information

JEREMY NOLAIS
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Police and RCMP are applauding the intentions of civilian searchers who had planned to comb Airdrie fields for a second night Tuesday for clues in an ongoing triple-murder investigation, but warn their efforts could actually harm potential evidence.

It's believed 250 people showed up Monday evening for a grid search in the Airdrie area for clues in the disappearances and suspected murders of five-year-old Calgary boy Nathan O'Brien and his grandparents, Alvin and Kathryn Liknes.

Murder charges have been laid in connection with the suspected deaths of all three, but police say they've yet to recover the bodies.

Airdrie search organizers had indicated on a Facebook page they intended to pick up scouring efforts again Tuesday evening, but the effort was called off at the last minute.

Calgary police spokesperson Kevin Brookwell said investigators would prefer residents only check their own properties for irregularities. He praised the "amazing" effort to aid victims' families but said volunteers are essentially searching "blind."

"We know what we're looking for," Brookwell said. "There are certain pieces to this file — certain pieces of evidence — that we specifically are looking for, and we have a pretty good idea where those items may be.... This is the kind of information we can't share."

Calgary mother of three Aimee Forseth, a lead organizer of the searches, was among those heeding Brookwell's warning, but she said some precautions had been taken. Search participants, for example, were told to leave cellphones, cameras and recording devices at home unless they were in a "team leader" role. In the event potential evidence was discovered, volunteers were urged to stop immediately and work through organizers to contact police.

But Brookwell said such efforts could actually hamstring police operations when officers' time could be better spent elsewhere.

He said rural property owners should still check their own land for irregularities but avoid traipsing through areas they aren't familiar with.

Forseth also conceded some participants may not follow the rules but added, "We're all just trying to come together and do the right thing, what we feel is the right thing."

She said she intended to continue searching until the families have closure.

"I personally refuse to give up," Forseth said. "I just won't give up."

But Airdrie RCMP Const. Jason Curtis said he worried about the proliferation of information in the event something substantial was discovered by volunteers.

"Nobody wants to find out the ultimate fate of their loved one on Twitter," Curtis said, later adding, "It's definitely preferred that they leave the investigation to the police."

Holding out hope

- Close family members of the victims have said they would need to be presented with undeniable proof that their loved ones are dead before giving up hope of them returning home.
- "I know the cops don't seem to think (that Nathan and the Likneses are alive) ... but I know that my mom was really strong, my parents were really strong, Nathan was so strong," said Jeff Liknes, son of Alvin and Kathryn Liknes, late Tuesday. "There was so much energy and so much life in him. If anyone's going to make it through this, it's going to be them."

Police and RCMP are urging Good Samaritans taking part in widespread search efforts for clues in an ongoing triple-murder investigation to leave it to the professionals. THE CANADIAN PRESS FILE

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Wildrose

Plate contest grants Albertans artistic licence

The Wildrose Party has started a contest asking Alberta artists to send in their designs for Alberta's new licence plate and hosting online voting to choose the top design.

Two weeks ago, the Alberta government revealed

Wildrose leader Danielle Smith METRO FILE

three new designs for the Alberta licence plate, asking the public to vote for their favourite, with the selected plate expected to be available in the spring of 2015.

However, the Wildrose party believes that there wasn't enough input from the public about the designs.

"The PC government missed a golden opportunity to engage with Albertans and give them a direct say in choosing how to express our collective identity," said Wildrose Leader Danielle Smith.

The winner will receive a $500 cash prize, as well as having the Wildrose Caucus Foundation donate $2,500 to the charity of the winner's choosing. METRO

Job injuries

Workplace safety improved in 2013

Alberta workers are safer than ever, as new statistics show a trend in improved workplace safety.

Information from the Worker's Compensation Board shows that the number of workers in Alberta hurt on the job dropped in 2013.

In addition, the disabling injury rate has dropped in some of Alberta's key work sectors, such as construction, manufacturing and oil and gas development.

Despite the rate dropping, the number of claims actually went up as Alberta's workforce grew by 2.9 per cent to 2.1 million workers.

Despite the improvements, there were 188 workplace fatalities in 2013. METRO

Stampede's loosened liquor rules go down really smooth

No news is good booze. No complaints logged by AGLC after bars given go-ahead to serve alcohol at 8 a.m.

BRYAN WEISMILLER
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Advocates for loosening up Alberta's booze rules are toasting what's reported to be an orderly Calgary Stampede experiment.

The Alberta Gaming and Liquor Commission didn't log any complaints after allowing city watering holes to serve booze as early as 8 a.m. during the world-famous hoedown.

That was welcome news to Mark von Schellwitz of the Canadian Restaurant and Foodservices Association, which represents some 30,000 establishments, including 4,000 in Alberta.

"This is the second very successful pilot we've done by extending liquor hours," von Schellwitz said Wednesday. "Hopefully as a result of this, we'll have more flexibility in the future when it comes to liquor service hours."

Notorious Stampede hangout Cowboys was one establishment that obtained special licences to serve liquor during pancake breakfasts. METRO FILE

Those who campaign against drunk driving — including the Calgary chapter of MADD and Police Chief Rick Hanson — had questioned the decision.

However, AGLC spokesperson Tatjana Laskovic confirmed her office had yet to hear of any issues.

"Our inspectors were doing their regular enforcement duties and they haven't received any information or made any observations there was any concern," Laskovic said.

She also noted Alberta's liquor regulator didn't record any complaints when bars were granted special permission to serve suds at 5 a.m. for the Olympic men's hockey final in February.

The Calgary Police Service is still reviewing the latest 10-day experiment, according to a spokesperson.

Nothing doing

0

The number of complaints received by the Alberta Gaming and Liquor Commission over relaxed booze rules for the Calgary Stampede.

Site chooses Calgary café as one of world's best

Despite being active only two years, the Analog Café has created a name for itself with great coffee and better atmosphere. KEN VAN DE WALLE/FOR METRO

Coffee drinkers rejoice! One of Calgary's favourite coffee shops has been voted one of the best in the world to get your daily java.

The Analog Café on 17th Avenue has been chosen as part of BuzzFeed's 25 Coffee Shops Around the World You Have to See Before You Die list.

The café, which was first opened in the Calgary Farmers Market in 2011 before opening its own standalone store in 2012, rang in at No. 7 on the list Tuesday.

Describing the shop, the list says, "Locals enjoy pulling up a chair at the bar to chat up the baristas, who are very knowledgeable about roasting and brewing methods. Because coffee is all just science, ya know?"

Russ Prefontain opened the café along with his brother after the two bought their coffee-brewing company off their parents.

Gee, I (love that) joe

Analog Café is owned by the Fratello Coffee Roasters, a company that roasts and supplies its own new and exciting coffees.

"What an incredible honour that was. That was amazing," said Prefontain about the achievement.

According to both BuzzFeed and Prefontain, it's not just the excellent coffee that keeps customers coming back to the store.

"It's our team. The staff we have, the management we have, the vision that my brother and I give to our team. Constantly pursuing excellence, constant training," he said.

"When people visit Analog, they feel at home."

KEN VAN DE WALLE/FOR METRO

Scenic Acres. CBE worries of precedent in dispute over school

Calgary's top public-school trustee is expressing concerns after Alberta's education minister said he plans to sit down with residents outraged by a planned Francophone facility in their neighbourhood.

The 400-student school eyed in Scenic Acres would be built on green space owned by the regional Conseil Scolaire FrancoSud board, but many neighbours said they were never given indication of the site's future development.

Currently, the site is one of few remaining parks in the northwest community.

The Francophone board was presented with alternative sites but said its original plan was the only way to ensure the much-needed school opened on time in 2016.

Alberta Education Minister Jeff Johnson told Metro earlier this week he would meet with residents to see if a solution could be ironed out, but added it wasn't his place to mandate where a school is erected.

But Joy Bowen-Eyre, Calgary Board of Education trustee chair, said in a letter to Johnson on Tuesday that she and fellow board members "are concerned that parent and resident appeals to ministers should not be seen as a standard recourse for small dissatisfied groups."

She added that such a meeting could give the impression that the minister "will request municipalities and school boards to pursue outcomes not beneficial to all citizens of Calgary."

Bowen-Eyre was travelling and unavailable for an interview Wednesday afternoon, a CBE spokesperson said.

But area Coun. Ward Sutherland took issue with the trustee's claim that the Scenic Acres opposition was "small" — a group of 350 residents did attend a meeting to oppose the project in late May.

Sutherland added that without Johnson providing oversight on school placements, boards will have free rein. JEREMY NOLAIS/METRO

Online

To read a copy of Joy Bowen-Eyre's letter to Jeff Johnson, head to metronews.ca/calgary.

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Calgary currently has only a handful of LED streetlights, like this one on Spiller Road S.E., but plans to install thousands more modern fixtures beginning in July 2014. ROBSON FLETCHER/METRO

Calgary considers city-wide switch to LED street lights

6.5 years. The time it would take for the city to recoup the cost of installing the new energy-saving lights

ROBSON FLETCHER
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Calgary plans to start rolling out the first of 2,500 LED street lights next week, and the city's roads department is now recommending installing 80,000 more by 2018 now that the price tag has dropped dramatically.

A "city-wide conversion" from the current, high-pressure sodium bulbs in Calgary's street lights to more energy-efficient LED technology would cost $32 million, according to a new report, down from previous estimates of between $50 million and $70 million.

The city would recoup that cost within 6.5 years, the report adds, as the electricity and maintenance savings is "conservatively estimated" at more than $5 million a year.

Roads spokesperson Julie Yepishina-Geller said preliminary cost estimates came down significantly as city staff planned out the first phase of LED installations, beginning next week in Altadore and then followed shortly after in Brentwood, Douglasdale, Tuxedo Park and Marlborough.

"The more detail they had, the more they realized the lights were actually going to cost less to install than what they had originally thought," she said. "As with all technologies, as it changes and as there are advancements in the field, they become less expensive because more and more people are starting to use them now."

Calgary's report on LED lights will be presented to the city's transportation and transit committee on Friday.

Edmonton results

After installing and testing more than 15,000 LED street lights, Edmonton found the new technology required less maintenance and had one-tenth the failure rate of high-pressure sodium fixtures.

- Edmonton expects the LED fixtures to each last at least 15 years and possibly as long as 20, according to Vlado Cicovski, a senior streetlight engineer.

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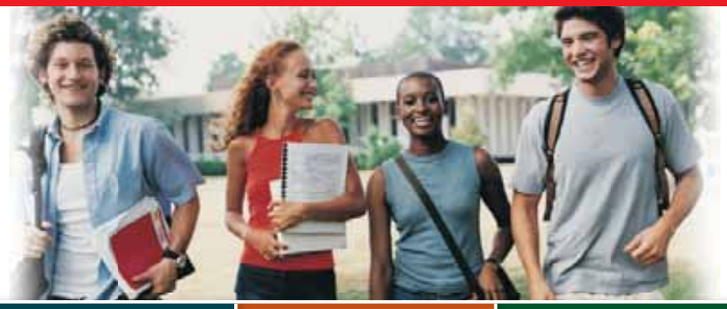

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Figuring out Calgary's transit system can be tough enough for first-timers, and it's even more difficult for new users who have vision impairment. METRO FILE

City seeking design for new tactile transit maps

Request for proposals. Calgary Transit looking for product to aid those with vision loss

ROBSON FLETCHER
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Calgary is seeking a "design and prototype" of tactile-map technology to help people with visual impairments navigate the city's transit system.

"We're looking for something that can be handheld, easily distributed through our customer-service centre and potentially through the CNIB," said Chris Jordan, manager of strategic planning with Calgary Transit.

The idea came from citizen feedback during the city's RouteAhead transit planning process.

"We heard clearly from customers that navigating stations when you're new to the system is a challenge, and it's even more of a challenge for people with visual disabilities," Jordan said.

The city posted a request for proposals earlier this month, asking potential providers for a "product offering" specifically suited to "visually impaired transit users," with a response deadline of Aug. 6.

Jordan said the city is open to all sorts of options, as long as the product "clearly conveys the information that we want to convey in a tactile format."

Alberta CNIB executive director John McDonald called the move "a step in the right direction" in addressing mobility challenges that regularly confront people with vision impairments.

"It is an issue that's tremendously important to CNIB because we know that public transit is really critical to people with vision loss becoming engaged in their communities," he said.

The CNIB currently offers "specialized training" for clients on how to use the transit system in various cities, McDonald said, but it's largely limited to travel between "frequent destinations" such as the home or office.

Accessibility

"If they don't have accessible public transit, they're going to face greater difficulties finding employment, taking part in recreational activities and will probably endure more social isolation."

Alberta CNIB executive director John McDonald on the importance of accessible public transit for people with vision loss

Mother who starved, abused twin girls pleads guilty to manslaughter

An Edmonton mother has pleaded guilty to manslaughter for starving and abusing her two-year-old twin daughters before one of them died in hospital.

The woman, who can't be named to protect the identity of her surviving twin, also pleaded guilty Wednesday to aggravated assault and failing to provide the necessities of life. She had originally been charged with second-degree murder.

The 36-year-old is to appear in court next week to set a date for a sentencing hearing.

The woman's husband and father of the twins pleaded guilty earlier this year to manslaughter and was sentenced to 15 years in prison. Court heard he didn't physically injure the girls but did nothing as they suffered.

The mother admits in a court document that she didn't provide the twins with adequate food and assaulted them both over a prolonged period of time. The assaults led to serious head injuries.

"She subjected both twins to significant inflicted head trauma and yet failed to seek medical attention, knowing the significant force she used to cause their injuries," says the document. THE CANADIAN PRESS

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The RCMP is expected to announce criminal charges against Mike Duffy over Senate expense claims. ADRIAN WYLD / THE CANADIAN PRESS FILE

Mike Duffy expected to face charges

Expense scandal.
RCMP set to charge suspended senator for misuse of public funds

The RCMP is expected to announce criminal charges against suspended senator Mike Duffy at a news conference Thursday morning.

Torstar News Service has learned the Mounties are expected to charge Duffy in relation to inappropriately claimed expenses for which the senator for Prince Edward Island was reimbursed out of public funds.

Duffy is also expected to face charges in connection with a separate alleged misuse of public funds. An RCMP investigator outlined suspicions in October that Duffy made about $65,000 in payments to a former CTV pal under a contract the man said he did "little or no work" for.

In this latest turn in the Senate spending scandal, the biggest political question facing the Conservative government may also be answered at the news conference: will Duffy face criminal charges in connection with demanding and accepting a $90,000 payment from Nigel Wright, the former chief of staff to Prime Minister Stephen Harper, in order to repay the money that an embarrassed government felt he owed the Senate?

If charges are laid, Duffy — who claims he is innocent and was forced by the PMO to admit to "mistakes" in his expense claims — has reportedly suggested that his lawyers would call the prime minister to be a witness at any criminal trial.

TORSTAR NEWS SERVICE

Google exec's death

Prostitute pleads not guilty

A high-priced prostitute accused of abandoning a Google executive on his yacht after shooting him up with a fatal dose of heroin never meant for Forrest Hayes, 51, to die, said her attorney as Alix Tichelman, 26, pleaded not guilty to prostitution, drug use and manslaughter. THE ASSOCIATED PRESS

Alix Tichelman in court Wednesday. SANTA CRUZ SENTINEL-POOL/THE ASSOCIATED PRESS

Actress gets 18 years in ricin case

A Texas actress who sent ricin-laced letters to U.S. President Barack Obama and the New York mayor and then tried to blame the crime on her soon-to-be-ex-husband was sentenced to 18 years in prison on Wednesday.

A federal judge gave Shannon Guess Richardson, 36, the maximum sentence under her plea deal on a federal charge of possessing and producing a biological toxin. Richardson was also ordered to pay restitution. She had pleaded guilty to the charge in December.

"I never intended for anybody to be hurt," she told the court, adding later, "I'm not a bad person; I don't have it in me to hurt anyone."

Richardson, who had minor roles in the television series The Walking Dead and the movie The Blind Side, said she thought security measures would prevent anyone from opening the letters addressed to Obama and the now-former New York mayor Michael Bloomberg.

Prosecutors say Richardson mailed three letters, then went to police and claimed that her estranged husband had done it. She was arrested last June after authorities said she tried to implicate her husband, who had filed for divorce. THE ASSOCIATED PRESS

Shannon Richardson is escorted to a sheriff's car in Texarkana, Texas, in this file photo. THE ASSOCIATED PRESS

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Israeli airstrikes. Many Gazans have nowhere to run despite warnings

The text message was as urgent as it was unwelcome: the Israeli army advised Mouin Ghaffir to leave his home quickly or risk being killed in airstrikes against Hamas rocket squads.

He swiftly sent his wife and 11 children to a dirty UN emergency shelter, with more than 40 people crammed in each classroom, but had to endure a night under bombardment at home after failing to find a safe place for his ailing 75-year-old mother.

Such is the life-and-death predicament of tens of thousands of Gazans being told by Israel to flee targeted areas, most with nowhere to go. UN shelters lack the space, and relatives, with their own overcrowded homes, often cannot help.

Israel says urging residents to evacuate — with warnings delivered through automated calls, text messages and leaflets dropped from planes — is an attempt to spare civilians whenever possible.

Ghaffir's story highlights the hard choices Gazans face in this war. THE ASSOCIATED PRESS

Syria

Assad sworn in as president — again

In a lavish ceremony, a smiling and confident President Bashar Assad was sworn in for a third seven-year term on Wednesday, praising his supporters for "defeating the dirty war" and denouncing insurgents who have "failed in trying to brainwash you or break your will."

As he declared victory, the Western-backed goal of toppling him or reaching a political deal seems increasingly elusive. Syria's three-year-old civil war is grinding on, with 170,000 dead and a third of the country displaced.

THE ASSOCIATED PRESS

Israel to pause bombing of Gaza after UN request

Palestinians flee their homes in the Shajaiyeh neighborhood of Gaza City after Israel had airdropped leaflets warning people to leave the area on Wednesday.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Gaza Strip. Five-hour 'humanitarian' window comes hours after Israeli navy kills four Palestinian boys

The Israeli military agreed to a UN-brokered five-hour "humanitarian" pause starting Thursday morning in its strikes on the Gaza Strip to allow Palestinians to restock food, water and other necessities, hours after an attack by an Israeli naval vessel killed four Palestinian boys playing on the beach.

In response to a call by the UN, the military said in a statement Wednesday that it would hold its fire for five hours starting at 10:00 a.m. local time but warned it will retaliate "firmly and decisively" if militants launch attacks on Israel during that time.

UN deputy spokesman Farhan Haq told The Associated Press on Wednesday that Robert Serry, the UN special coordinator for the Middle East peace process, made the appeal for a "unilateral humanitarian pause" after talks with Israel's Coordination Office for Government Affairs in the (Palestinian) Territories.

The announcement came after a day of Israeli airstrikes and Palestinian militant rocket attacks as Hamas formally rejected a ceasefire proposal that had been accepted by Israel to end the nine-day-old conflict that officials say has left at least 213 Palestinians and one Israeli dead.

THE ASSOCIATED PRESS

Quoted

"It's a cold-blooded massacre."

Abdel Kareem Baker, the uncle of four boys killed Wednesday by an Israeli naval vessel while they were playing on a beach

This Feb. 16, 2013 photo shows a printout of the Facebook page for Loren Williams, who died in a motorcycle accident at the age of 22. LAUREN GAMBINO/THE ASSOCIATED PRESS FILE

What of the online legacy of the dead?

Digital afterlife. Advocates fight for next-of-kin's access to digital accounts of the deceased in U.S.

When you die, should your loved ones have access to your Facebook, Yahoo and other online accounts?

A group of influential lawyers in the United States says yes, unless you specify otherwise in a will. The Uniform Law Commission was expected to endorse a plan Wednesday to automatically give loved ones access to — but not control of — all digital accounts, unless otherwise specified.

"This is something most people don't think of until they are faced with it. They have no idea what is about to be lost," said Karen Williams of Beaverton, Ore., who sued Facebook for access to her 22-year-old son Loren's account after he died in a 2005 motorcycle accident.

To become law in a state, the legislation would have to be adopted by the state's legislature.

"Our email accounts are our filing cabinets these days," said Suzanne Brown Walsh, a Cummings & Lockwood attorney who chaired the drafting committee on the bill. But "if you need access to an email account, in most states you wouldn't get it." THE ASSOCIATED PRESS

Market Minute

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ADVERTISING FEATURE

CALGARY DEALERSHIP CLEARING OUT ALL USED INVENTORY UP TO 50% OFF!

Carl Holst, Sales Manager of Stampede Toyota, just announced plans to hold a vehicle summer clear out taking Place **Saturday July 19 2014.** According to Mr. Holst increased sales from the last few months have resulted in an overstock of trade-ins. "In the last three months our sales have increased at a higher than expected rate", Holst said. "Now, we must reduce the number of cars and trucks on our used lot to a more manageable number. During this vehicle spring clear-out sale every used car and truck will be sold from 10% up to 50% off its original asking price." Mr. Holst said. "In fact, cars that normally sell for five to eight thousand dollars will be sold for three to five thousand," Mr. Holst said. "Our customers will find these prices even lower than at wholesale auctions."

Auction bidding often inflates the true value of a car so you pay more. Here every car is on sale, first come first served and no bidding. It's the perfect opportunity to get a good quality new or used car at the lowest price in the city. **All cars will be on display at Stampede Toyota on Barlow Trail, 2 blocks north of the Trans Canada Highway.** This sale is one day only, doors open at 8:30am. Prices are posted on the windshield you will be given the opportunity to purchase the vehicle at these amazingly reduced sale prices. This innovative approach to selling used vehicles will make it easy and quick for anybody in the market for a good used vehicle to get a great car or truck at a very low price with no hassle.

One of Calgary's largest import dealers is overstocked and is forced to sell used cars and trucks for as low as **50% OFF, Saturday July 19, 2014**, during a one-day sale event.

"Wholesale buyers will be represented to take trade-ins during the sale," Mr. Holst said. "We also have three business managers who will help buyers arrange low-cost financing. We've got over $10 Million Dollars in inventory to choose from. Our total inventory will be close to 600 new and used cars and trucks to choose from. We want to remind everyone that this is a one-day sale only. When our inventory has been reduced, we will remove the sale prices and return to normal operations. Since we are a local business we would like to give back to the community," Mr. Holst said. "We would rather allow local people to buy these overstocked vehicles than wholesale them at an auction." All cars will be clearly marked with discounts from 10% up to 50% for the entire day. Due to the volume of sales during this event, please no telephone inquiries.

AMVIC Licensee

WOMEN SURE ARE ORGANIZED, AMIRITE?

HE SAYS

John Mazerolle
metronews.ca

This week I'm on vacation in New Brunswick (motto: "Ride the downward spiral!"), so I'm mailing it in, literally and figuratively.

What quick-and-easy topic should I touch on? Today's music is the worst? Cat people versus dog people? The federal government sucks (amirite)?

Oh wait, I've got it: women and men are different! I've noticed this a lot recently because I'm dating, and my girlfriend is indeed different than I am. I know criticizing a woman runs me the risk of perpetual online hatred until Twitter becomes obsolete, but I can say only what I see: she's just weird, what with her "planning" and "foresight," never mind her "top sheet" and "air freshener."

And as we prepared for our trip to N.B., she sometimes packed in ways so foreign to me I felt I was dealing with a different species. This is not the typical stereotype of a woman who over-packs because she hopes a provincial park with a name like Moose Mill might have call for high heels. No, this is a woman who packs a week in advance to give her the chance to rethink and adjust the placement of items as the departure date nears.

Yes, her packing has a first freaking draft.

"Devon" (she doesn't want her real name used, so let's keep this between us) packs small. She has one carry-on bag for two weeks of travel. It's not that she's a light packer — when she rattled off all the clothing, toiletries and other bric-a-brac in her bag it reminded me of those old McDonald's ads in which a customer orders the entire menu in 30 seconds.

It's like her bag is a TARDIS, bigger on the inside than is physically possible judging by the outside. She packs so densely that other items in the room are drawn in by the bag's gravitational pull. Meanwhile, I put three days of clothes and a stick of deodorant in my backpack and it looks like I've stuffed in several dozen bricks and a dead informant.

Devon says my packing technique is like a smash-and-grab at a jewellery store. "It's basically turning over a drawer into a garbage bag," she says. I don't think that's entirely fair. For instance, I ask myself important questions like, "I wonder what I forgot this time?" (Answer on this trip: a coat.)

Sure, you could spend literally an hour or more planning like my girlfriend, or you could embrace unpredictably and do it my way:

1) Sweep all the items in your medicine cabinet into your backpack.

2) Stuff in a layer of clothes.

3) Add books, laptops, PlayStations and anything else you need to help you get away from it all.

4) Add another layer of clothes. It's like a packing parfait.

5) Compress.

6) Place a framed photo of your family on top.

NOTE: one cat per bag.

And voila. Packing my faster, simpler way will free up more time for you to think about the differences between men and women. Or about that terrible federal government. They suck, amirite?

HEAVY STUFF

Basque stone lifter Ignacio Perurena holds on to a 250-kg stone during an exhibition in Cambo les Bains, southwestern France, on Tuesday. The Basque rural sports trials have their origins in routine rural tasks.
BOB EDME/THE ASSOCIATED PRESS

No stone left unlifted for Basque strongmen

The Basque people are known for their competitive nature.

Their well-attended rural sports competitions have a variety of games that require an amazing amount of strength and plenty of testosterone.

Wood chopping, lifting hay bales, handling oxen, participating in insane tug-of-wars, running races with 200-pound bags of corn on their backs and more are all part of the Basque rural sports tradition.

However, the best known outside of the region is harrijasotze, or stone lifting. This is a true mighty-man's sport, and only the strongest in the region participate. Competition is fierce, and the best-known champions are looked upon by the locals as heroes, much like popular sporting figures .

The stones used in the lifting competitions are made of granite and usually weigh between 100 and 212 kg, though heavier stones may be used if the lifter wants them and has a proven ability to lift them. Competition stones are cut into squares, spheres, cylinders and rectangles to provide a variety of lifting challenges. CITIESJOURNAL.COM

Bad to the bone

Stone lifting takes its toll on the body. Many professional stone lifters have osteoarthritis by the time they're in their 20s or 30s. Most have retired to become trainers for the next generation by their 40s or 50s.

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In this issue, you can find AR enhancements on page 20 in Sports.

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Pimp my used-car ad

ANDREW FIFIELD
andrew.fifield@metronews.ca

Craigslist is great. Plenty of no-frills free listings to peruse, excellent deals and amusing Missed Connections. Craigslist is terrible. Ugly, crowded and populated by shady deals and dubious characters.

It's fair to say the seller of this unremarkable hatchback weighed the pros and cons before settling on where to advertise. It's fairer to say his decision was more influenced by his connection to Australian ad agency Chimney Group, which created the slickest campaign for an everyday used car you'll ever see. Dubstep? Check. Smash cuts? Many. Buzzwords? Only the most disruptive. (buymybarina.com/YouTube)

SCREENGRAB

metro
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The Big Three were idiots, but they loved rock 'n' roll

Some Other Guys. In the 1960s, there were the Beatles — and then there was this other Liverpool band

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

Liverpool native Brian Griffiths and his former '60s band The Big Three are the focus of a documentary being made by local filmmakers. BARB BRIGGS

They were contemporaries of The Beatles and could have been one of the biggest bands in the world.

Instead, The Big Three imploded one night in 1963 after a particularly nasty drunken fight.

"We put out (the band's first and only EP) At The Cavern on the Monday and I think we broke up on the Tuesday," recalls guitarist Brian 'Griff' Griffiths with a chuckle.

Griffiths has no regrets about the Liverpool group's short-lived career, however, and has happily called Calgary home for the past 33 years.

But he's been thinking about his former band a lot more lately since being approached by a local filmmaker to turn The Big Three's story into a full-length documentary.

"I was skeptical at first," Griffiths admits.

"First of all, who knows me in Canada? Two people."

Director Todd Kipp assured Griffiths he wanted to tell the band's history in their own words and through interviews with people who were there.

"We're interviewing a lot of people who were in Liverpool at the time and not the so-called experts from the U.S. who think they know the stories," explains Kipp, who's lined up on-camera interviews with former band members as well as original Beatles drummer Pete Best.

He's also been in contact with representatives for Paul McCartney and Bill Wyman.

Griffiths, Kipp and a camera crew will head to the U.K. and Germany next month to conduct interviews and shoot b-roll for the doc, titled Some Other Guys.

To help with costs, the filmmakers are holding a fundraiser Friday night at the National Music Centre.

A longtime guitar teacher, Griffiths will join two of his students on stage playing songs by The Big Three and other early rock 'n' roll classics. Griffiths joined The Big Three in 1962 and the band signed with manager Brian Epstein, who was also working with The Beatles, and Gerry and the Pacemakers.

While those bands soared to the top of the charts thanks in part to Epstein's direction, The Big Three was more raucous, less polished and harder to control.

"We've been called Liverpool's first punk band," says Griffiths.

"We were just a little bit ahead of our time and Epstein didn't know how to handle us.

"He didn't have a clue. If we'd had a manager who said, 'Wow, you guys can really play and maybe you can smash a window now and again,' maybe we would have stayed together.

"Someone asked me once to sum up The Big Three in a few words. I said, 'We were idiots.' But we loved rock 'n' roll."

If you go...

BARB BRIGGS

- **Tickets.** For the Some Other Guys fundraiser and silent auction are $25 and can be purchased through eventbrite.ca or at the door.
- **Items.** In the silent auction include guitars signed by Steven Tyler and The Rolling Stones and a package for two to see Paul McCartney perform live in Nashville.

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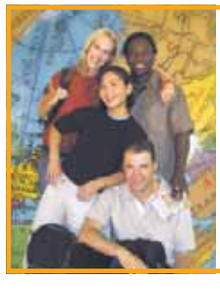
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift. ALL PHOTOS GETTY IMAGES

Taylor Swift suffers revenge of the nerds

Thanks to court documents, we can finally put some names and faces to the three Connecticut residents charged with vandalizing Taylor Swift's Rhode Island vacation home, and the results are … kind of brainy.

Michael Horrigan, 29, Tristan Kading, 28, and Emily Kading, 26, pleaded not guilty to charges they hurled beer bottles and shouted expletives at security guards monitoring Swift's property last month, according to TMZ. So what do they do when they're not drunkenly defacing property?

Tristan Kading, for one, studied chemical oceanography at MIT and received the Richard Montgomery Award for Achievement in Mathematics. Younger sister Emily is studying to be a nuclear physicist, and both Kading and Horrigan were given citations for heroism last year after rescuing a 12-year-old girl from a cap-sized canoe.

Leave it to Swift to attract the nicest, smartest delinquents you could hope for. The defendants, by the way, say they "harboured no ill will toward Swift," who wasn't home at the time.

Jeff Goldblum makes girlfriend cry ...tears of joy

Jeff Goldblum is looking to settle down, having popped the question to his girlfriend of two years, 31-year-old gymnast Emilie Livingston, while on vacation in Hawaii.

Livingston took to her Twitter account to gush about making it official with the 61-year-old Jurassic Park star. "I was taken over by tears of joy n ecstasy! We picked the ring 2gether #inlove," she wrote. She later posted a photo of the ring itself.

Jeff Goldblum

Goldblum was previously married to Patricia Gaul from 1980 to 1986 and Geena Davis from 1987 to 1990.

The Word

Even on vacation, SJP and Matthew Broderick find trouble in paradise

NED EHRBAR
Metro in Hollywood

You know what everyone loves on a vacation? "Intense discussions." They're the best! And apparently that's what Matthew Broderick and Sarah Jessica Parker have been having while visiting Ireland.

According to the National Enquirer, Broderick and Parker headed to their usual holiday spot on the Emerald Isle specifically to address their marriage woes and his wandering eye. "They normally venture all around Donegal, but this time they spent the majority of their time locked away in their remote home out in the countryside," a source says. "One evening they went into Nancy's, a seafood restaurant, and hardly said a word to each other."

That sounds so much like the opposite of fun. But hey, at least they're not stewing silently over dinner at home!

Britney Spears

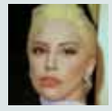
Britney and boyfriend want a family of their own

Those Britney Spears break-up rumours were apparently premature, as the singer and boyfriend David Lucado are reportedly already thinking about expanding her family once she's done with her current Las Vegas residency, according to Radar Online.

"Britney cannot wait until the Vegas show is done because she wants to start a family with David. She says she will get pregnant as soon as the show is finished," a source says. "David is always with her in Vegas and they act like an old married couple together. He is really good with her kids and has taken to the father role pretty easily."

Twitter

@SethMacFarlane
Sorry I haven't tweeted in awhile-- Been immersed in pre-production for Ted 2! I think you're gonna like it.



@ladygaga
I resent that I have to be getting married to wear Bridal, I mean what if I just love wearing white lace and pearls without it being creepy.

@MarkDuplass
Honk if you're feeling slightly overwhelmed about how often you've been feeling slightly overwhelmed these days.

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What tricks have you got up that sleeveless summer shirt?

Secrets in the sun.
Testy temps no longer have to wreak havoc on your beauty regime with these pointers

RACHEL VIGODA
Metro World News

Light and bright

"Leave that damn highlighter alone! Wear the least amount of makeup possible and focus on your natural glow."
B Wilson
Makeup artist

We spoke with makeup artist B Wilson of Just B Beautiful for insider tips on how to stay looking bright and fresh despite the heat. Wilson and her "glam squad" offer on-location hair and makeup services in New York, New Jersey and Philadelphia.

Here are the tricks — and the products — she swears by.

Don't cake it on

"Leave that damn highlighter alone!" Wilson says. "When you sweat, your pores are open, so if you have makeup on your skin the makeup is going right into your pores and clogging them up. Wear the least amount of makeup possible and focus on your natural glow."

If you're not brave enough to go totally bare, try a dab of tinted moisturizer and then contour with a light bronzer like Soleil Tan de Chanel. Absolutely refuse to give up foundation? Wilson recommends Urban Decay's Naked Skin, which is "super light, but gives surprisingly full coverage."

Get a (sunless) tan — no matter what your skin colour is

Use a sunless tanner on your legs, whether you're "the palest of pale to the darkest of dark," says Wilson: "I'm African American, and I still get a spray tan on my legs." The trick is a very light touch; you're going for a subtle glow just a shade or two darker than your natural color to create a smooth, even, firm look. Wilson goes to The Bronzed Bee in Philadelphia for a customized airbrush spray tan. For a cheaper DIY option, she likes Airbrush Legs by Sally Hansen or Jergens Natural Glow.

Wouldn't it be nice to let the natural you out into the world? ISTOCK

Make an easy at-home cellulite eraser

Mask cellulite with this simple recipe:

- Instant coffee (caffeinated)
- Almond oil or vitamin E oil
- Brown sugar

Combine the ingredients, gently scrub in the shower, rinse off, and then admire your firm-looking thighs and butt. The smoothing effects will last for hours, Wilson says. Store any extra mixture in a mason jar for up to five days.

Expert tip: Do not use regular ground (not-instant) coffee, unless there's a sexy plumber you want to invite over — it will clog the drain.

B's bonus tip

Banish excess shine

- This isn't for everyday, but if you're prepping for a special occasion, "wash, moisturize — and then prime with Milk of Magnesia," Wilson says. "It acts as a barrier for the excessive sebum that builds up, and keeps your face smooth and matte the entire day." Just dab it on with a cotton ball and then cover the chalkiness with a light tinted moisturizer or powder.

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There are three levels of trends in home decor: Seasonal trends (like nautical summer decor) that last just months; three-year trends (like brushed nickel plated metal accessories); and 15-year trends such as wood floors or kitchen cabinet finishes. I am happy to announce the next big 15-year trend, but I'm not sure you're going to like it. If you want to invest in your home's decor, simply look back 30 years for the next big thing. Yes, elements of the 1980s are creeping back into our lives. Here's a quick compilation of coming decor trends

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Turn back time for decor trends in your future

Piping dreams

Look for less nail-head trims, button tufting and exposed furniture legs. The upcoming trends include skirted sofas, very low profile legs, piping trims and leather details. Contrast piping shows off shapely lines. Groove Chair Custom, $1,300, urbanbarn.com

Hand-forged metallics

Goodbye nickel and brass. Hello hand-forged steel, raw bronze and hammered zinc for a handmade look in home accessories. Hess Side Chair, $229, crateandbarrel.com

Concrete ideas

Travertine stone from the 1980s is gone, but modern interiors will have concrete finishes and stone looks for a touch of nature inside the home. Malay Cast Concrete Coffee Table, $800, restorationhardware.com

Sofas go deep

Be gone, you skinny-armed sofa. Wide, square arms, deep seating and slipcovers make their return. McGill deep-seat sofa, $4,200, montauksofa.com

Tone-on-tone carpets

Lately, rugs have been treated as art for the floors, with bright colours and shocking patterns. Look for tone-on-tone carpets made with luxurious materials like virgin wool, silk and mohair. Vintage Grey VCO9, $13,500, elte.com

Symmetry meets its match

People have been trying for years to conquer the eclectic look with end tables and small furnishings. The next wave of decorators will keep it simple and create symmetry. Dark Zinc Open Nightstand, $555, restorationhardware.com

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A bit of chew, some crunch and lots of yum

Salad Spotlight. While Metro's week of lightening your plate ends tomorrow, today enjoy this lentil salad that requires no effort

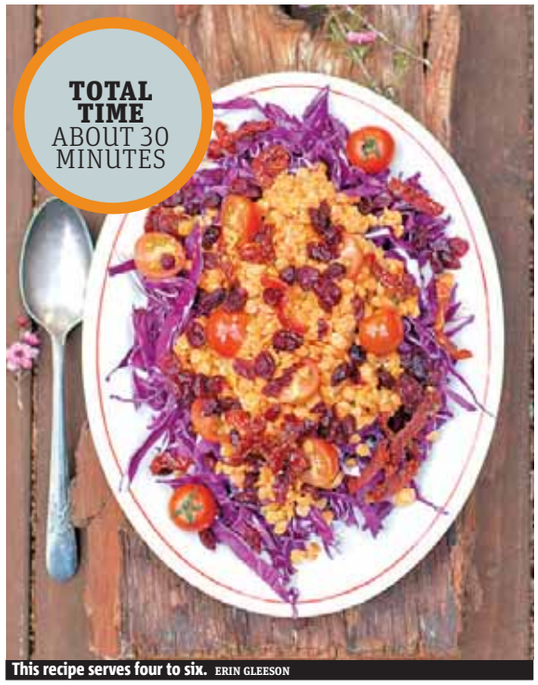
"I like my salads to be more filling and 'meaty', so I use more chopped vegetables and sometimes even cooked ingredients as well," writes Erin Gleeson in her book The Forest Feast. "All of (my salads) can be served at room temperature, which means that they are easy to make ahead and keep in the fridge for a weeknight dinner, or when getting ready for a party.

Gleeson also notes, "Canned lentils work great (for this salad), but if you make your own, boil them like pasta on low to avoid them turning to mush. This filling salad is tossed with sun-dried tomatoes, purple cabbage, cherry tomatoes and dried cranberries."

The dressing keeps in the fridge for at least one week. Before using it, bring it to room temperature.

1. To be quick, use canned (lentils). If from scratch, follow package instructions.

2. If using dry red lentils, they can get mushy easily, so I cook them on medium-low for 15-20 min. until al dente, then strain like pasta and cool



This recipe serves four to six. ERIN GLEESON

3. Mix lentils with sun-dried tomatoes, cranberries and halved cherry tomatoes. Spread over shredded cabbage and dress with Lemon-Mustard Vinaigrette.

Lemon-Mustard Vinaigrette

1. (Combine all ingredients and) shake it, baby!

RECIPE ADAPTED FROM THE FOREST FEAST BY ERIN GLEESON (STEWART, TABORI & CHANG, 2014)

Ingredients

Salad
- 2 cup (400 g) cooked lentils
- 1/2 cup (30 g) sun-dried tomatoes
- 1/2 cup (64 g) dried cranberries
- 1 cup (150 g) halved cherry tomatoes
- 2 cup (140 g) shredded purple cabbage

Lemon-Mustard Vinaigrette
- 3/4 cup (180 ml) olive oil
- 1/4 cup (60 ml) lemon juice
- 2 tbsp Dijon mustard
- 2 tsp maple syrup

For your phone

Food Sorted (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This Foodie's guide to YouTube collects videos for their techniques, recipes, and laughs. You can filter out clips by your dietary preferences and save your favourites as a video cookbook.

Cookbook of the Week

Forage in the forest for earthy goodness

The inspiration behind The Forest Feast is authenticity at its best. Author Erin Gleeson moved to a cabin in a California forest and learned to rely on nature. It's no wonder that most of the book's 100 vegetarian recipes call for only a few ingredients and require very few steps. METRO

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Singleton living rags-to-riches tale

Golf. Factory worker earns spot in British Open through qualifier

John Singleton had just finished up a practice round along the Irish Sea when four young girls approached him from the other side of the fence.

"Are you famous?" one of them asked.

"I'm playing in the Open," Singleton replied, trying to keep a straight face. "That's pretty famous, ain't it?"

Actually, there's no more improbable player at Royal Liverpool than this 30-year-old factory worker, who lives 10 minutes down the road and qualified for the British Open on his very first try.

Singleton strolled around the course Wednesday with two-time major champion John Daly and PGA Tour regular Dustin Johnson, a pair of Americans who didn't know the stunning back-story of the real-life Rocky in their group.

Johnson introduced himself on the first tee but didn't inquire further until they got to the third hole.

"Do you play on the European Tour?" Johnson finally asked.

"No," Singleton replied, "I work in a factory."

He is the epitome of why this tournament is called the "Open" — a guy with no resumé to speak of playing his way into golf's oldest championship. This is the sort of rags-to-riches stuff normally reserved for the movies: the nobody who becomes somebody against all odds.

A spectator takes a selfie with golfer John Singleton in Hoylake, England, Wednesday. PAUL NEWBERRY/THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with the Metro News app for more notes from the British Open.

→ See the full instructions on Metro's Voices page.

Singleton's real job — at least for now — is at a resin factory not far from Royal Liverpool. He holds down the 8 a.m.-to-4:30 p.m. shift at Advanced Electrical Varnishes, where he drives a forklift and mixes the resin, a thick compound used as a waterproof coating for wiring, circuit boards and other electrical devices.

"He does a full job for us," said his boss, Jonathan Kemp, who'll be at the course to cheer Singleton on and gave all the employees a paid holiday so they could attend.

After Singleton gets off work, he usually heads to a local golf course to practise for several more hours — especially in the summer, when the sun hangs in the sky until nearly 10 o'clock.

"I want to get a sponsor so I can continue to play golf," he said, knowing he would likely need to make the cut for that to happen. "I have to work full time. I want to play full time."

Perhaps he'll be his own boss by the time the weekend is over.

"I hope he doesn't turn up on Monday," Kemp said. "That will mean he's done good."

THE ASSOCIATED PRESS

Most valuable franchises

Leafs the only NHL club to crack Forbes' top 50

The Maple Leafs are the only NHL team on Forbes' list of the 50 most valuable franchises in sports, checking in at No. 26.

According to Forbes, the Leafs are worth $1.15 billion US and have been the most valuable NHL team since 2005.

Spanish-based soccer club Real Madrid is No. 1 at $3.44 billion. Major League Baseball's New York Yankees are the top North American team on the list, fourth at $2.5 billion.

Despite being in the process of selling for $2 billion, the NBA's Los Angeles Clippers did not make the list, which ranked AC Milan 50th at $856 million.

THE CANADIAN PRESS

NHL

Rangers add Lombardi to defence corps

The New York Rangers have agreed to terms with free-agent forward Matthew Lombardi, a veteran NHL player who spent last season in Switzerland.

The 32-year-old Lombardi, who joined New York on Wednesday, had 20 goals and 30 assists in 46 games with Geneve-Servette in Switzerland. He led the team in goals and assists and tied for sixth in the league in goals.

In 536 NHL games over nine seasons with Calgary, Phoenix, Nashville, Toronto and Anaheim, Lombardi has 101 goals, 161 assists and 293 penalty minutes.

THE ASSOCIATED PRESS

Blackhawks GM confident he can manage salary cap

Jonathan Toews, left, and Patrick Kane smile as they listen to the media during a news conference in Chicago, Wednesday. NAM Y. HUH/THE ASSOCIATED PRESS

Stan Bowman sounded like a proud father as he told stories about Jonathan Toews and Patrick Kane.

The general manager of the Chicago Blackhawks reminisced about Kane staying with his family during his rookie season and described the scene when Toews became the youngest captain in team history.

There were lots of smiles and some laughter Wednesday as Bowman joined Toews and Kane at a news conference to celebrate the twin contract extensions for the high-scoring forwards that run through the 2022-23 season.

Contract details

The eight-year contracts, which were announced last week, are worth $84 million apiece for an average annual value of $10.5 million. Each player has one year left on their five-year extensions from December 2009.

While the contracts position the Blackhawks to contend for years to come, they also could lead to some difficult salary-cap decisions for Bowman. He already needs to pare more than $2 million from his payroll to get under this year's cap of $69 million, and the huge deals for Toews and Kane don't kick in until next year.

"It's obviously a puzzle to put together, but we're going to make it work," Bowman said. "We've been able to do that in the past, and I have a lot of faith in the ability to keep that going."

THE ASSOCIATED PRESS

Oakland's Jason Hammel pitches against the San Francisco Giants on July 9, in San Francisco, Calif. The A's have the best record in baseball at 59-36, and the Giants have two six-game winning streaks at the season's halfway point. GETTY IMAGES FILE

Is it something in the Bay Area water?

A stellar first half.
The A's are the best in the majors, while the mighty Giants chase them closely in the NL West at the break

The small-budget Oakland Athletics are baseball's best team at the break in a division featuring some of the sport's highest-paid stars. The San Francisco Giants are right in the chase for the NL West title despite recent stumbles.

Bay Area baseball has delivered a stellar first half. It's only mid-July and there is already talk of a special October and, perhaps, the first Bay Bridge Series since 1989.

California could have four teams still playing into October. The two organizations in Northern California have set the tone.

"It's really exciting for all of the fans from both sides of the bay. They've had the opportunity over the years to have some really fun teams to watch, World Series-calibre teams every year. New York can't say that, L.A. can't really say that. It's been fun," said Giants right-hander Tim Hudson, who began his career with the A's.

Oakland, a major league-best 59-36 and the two-time defending AL West champion, produced a pair of six-game winning streaks behind its reliable starting pitching. And general manager Billy Beane pulled off a July 4 trade with the Cubs that brought Jeff Samardzija and Jason Hammel to a deep rotation that lost Jarrod Parker and A.J. Griffin to season-ending elbow injuries that required surgery.

"We could probably go seven deep," A's manager Bob Melvin said. "Tommy Milone's in Triple-A right now, and with the numbers he's put up, it means we're creating a lot of depth to withstand whatever could potentially happen coming up in the second half."

Oakland had its most wins ever before the all-star break, and its six all-stars were the most for the A's since 1975.

The Giants, winners of the 2010 and '12 World Series, missed the playoffs last year and hope they can get back on a roll like the team across the bay. At 52-43, they are one game behind the NL West-leading Los Angeles Dodgers, and Tim Lincecum has won four straight starts for the first time since April 2010.

THE ASSOCIATED PRESS

Rare feat

"It'd be hard to find two teams in the same city doing as well as we are."
Giants right-hander Tim Hudson

'Excellent candidate.' Selig's comment fuels dream of MLB return to Montreal

A former Expos standout who is spearheading an attempt to bring Major League Baseball back to Montreal believes comments by Bud Selig mean the city is firmly on the sport's radar.

The MLB commissioner's remark that Montreal would be an "excellent candidate" for a potential franchise was music to the ears of Warren Cromartie.

Selig said he was impressed by the fact 96,350 fans turned up in Montreal last March for a pair of exhibition games between the Toronto Blue Jays and the New York Mets.

"I think that with those two games we had in spring training, we really showed Major League Baseball," Cromartie told The Canadian Press on Wednesday.

The Expos played in Montreal from 1969 to 2004, when they departed for Washington, D.C. The team suffered from dwindling attendance at Olympic Stadium and were owned by the league in its final seasons. THE CANADIAN PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may be tempted to be nice for what you can get out of someone but do you have to be so mercenary? Put others first and be genuinely interested in what they're doing.

♉ Taurus
April 21 - May 21
You are entitled to enjoy yourself and there is no reason why you should feel guilty just because some people have not been as lucky as you.

♊ Gemini
May 22 - June 21
You will get the chance to do things for loved ones today but make sure they don't take advantage of you. Also, being of service does not mean you can't have fun as well.

♋ Cancer
June 22 - July 23
You know you can get what you want but that does not give you the right to take as you please. If you go to extremes now, you will have to pay for it later.

♌ Leo
July 24 - Aug. 23
Someone has been taking liberties and you need to confront them about it. If you leave it longer they may get the impression that they can take from you as and when they please.

♍ Virgo
Aug. 24 - Sept. 23
You may have strong opinions but remember that not everyone sees things the same way. Make an effort to find out what other people think.

♎ Libra
Sept. 24 - Oct. 23
Treat what happens over the next few days as an opportunity for advancement. And treat people you meet as potential friends and allies.

♏ Scorpio
Oct. 24 - Nov. 22
This is the ideal time to let your mind wander because it will lead you in new directions. For inspiration, connect with those who make you feel good.

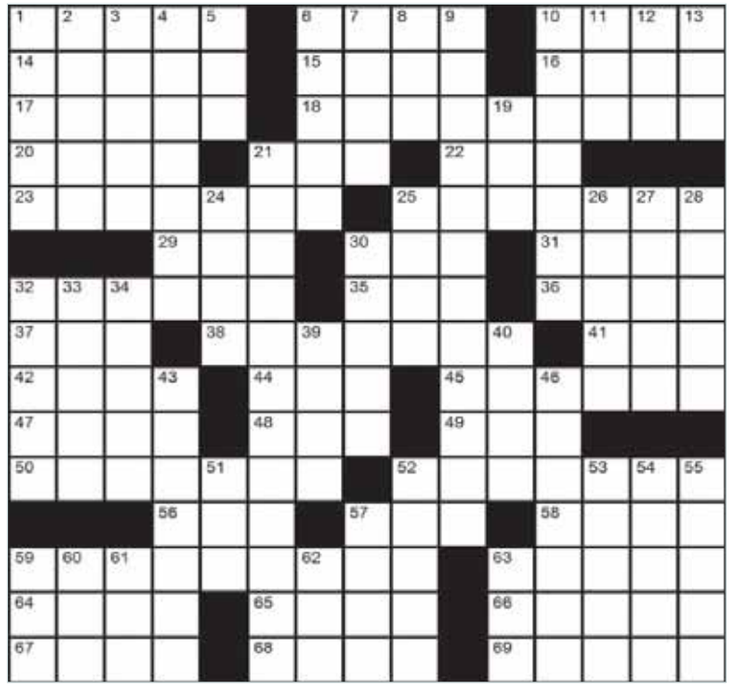
♐ Sagittarius
Nov. 23 - Dec. 21
The next few days will bring surprises. It's not often you are this lucky so make the most of it and don't think there is some kind of catch. There isn't.

♑ Capricorn
Dec. 22 - Jan. 20
The only way you are going to get what you desire is to communicate with those who can help. Co-operate with them fully and make sure their and your needs are catered to.

♒ Aquarius
Jan. 21 - Feb. 19
If you're motivated by greed, you are unlikely to get what you desire. If, however, you are driven by a genuine desire to help others you will succeed beyond your wildest dreams.

♓ Pisces
Feb. 20 - March 20
The cosmic omens are so good that you no doubt think you can do as you please. To a certain extent that is true but you should do things for other people as well.

Crossword: Canada Across and Down by Kelly Ann Buchanan



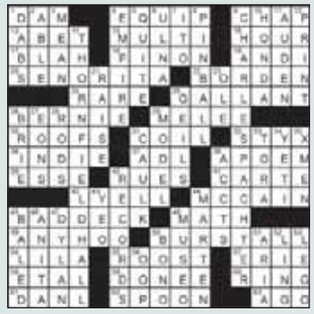
Across

1. Parks Canada mascot
6. Egg: French
10. Guzzle
14. Do well on the test: 2 wds.
15. ___ (Play's opening)
16. English river
17. Canadian series, "Due __"
18. Home reno show's ending: 2 wds.
20. Yes x 2: Spanish
21. My own: Latin
22. Hydrocarbon suffix
23. 'Them', to Us
25. Name and __
29. Botanist Mr. Gray
30. Uncooked
31. Dud
32. Tom Cruise vampire
35. Abu Dhabi is its cap.
36. Lucy Lawless role
37. Wrath
38. Northeast Saskatchewan town; or, actress Ashley
41. Ford fabrication
42. Alice's portrayer on "The Brady Bunch", __ _. Davis (b.1926 - d.2014)
44. Stitch
45. Brilliancy
47. After-Q queue
48. TV's "Mad __"
49. 'E' in BCE
50. Entrepreneur's new venture
52. Banned basement businesses, briefly
56. Long-snouted fish
57. Moscow's locale, briefly
58. Retro toy, __ Bat
59. Cereal brand
63. Bill __, "Saturday Night Live" alum
64. Klutz's shout!
65. Louisiana, par exemple
66. Plaudit
67. Nice names?
68. Count on
69. Slangly-spelled agendas

Down

1. Out, in fashion
2. Flip _ __
3. Reduce. __. Recycle.
4. British Columbia port city, 'A Marvel of Nature and Industry'
5. Football player, e.g.
6. Hall & __
7. Canyon feedback
8. Sport-__ (All-purpose vehicle)
9. The __-__ (1969 novel by Canadian author Margaret Laurence)
10. Canadian makeup company, ___ _ _
11. Shade
12. Can. neighbour
13. Collective Soul song
19. Finish
21. Song by British band The Smiths that goes: "And the flesh you so fancifully fry / Is not succulent, tasty or kind...": 3 wds.
24. Time __ __ a premium
25. Stuck keyboard letter
26. Put into office
27. Navigational aid-at-sea
28. Fifth wheel
30. Uniquely-spelled song by California band LIFE
32. "Pretty Little __"
33. Surrealist artist Max
34. Austrian actress Ms. Berger
39. Percolate
40. Continental currency
43. Michael __ (Regina-born actor/tenor)
46. Canadian Rockies range, __ Range
51. Smidgen
52. Like the wind sometimes
53. George Gershwin co-composed tune: "Tee-__-Un-Bum-Bo"
54. Really request
55. Classifies
57. Authentic
59 Michael, to Kirk
60. Boo-__(Sniff!)
61. Circling stat.
62. 'Favour' suffix
63. She's-not

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		6		8			2	
	2	3		4				
8		4			7			
	4	9						5
	3		5		1		4	
7						8	3	
			4			9		7
				9		3	6	
	1			5		2		

Yesterday's Sudoku

4	2	9	5	6	8	3	7	1
5	8	7	3	9	1	4	2	6
1	3	6	7	2	4	8	9	5
3	6	1	8	7	5	9	4	2
7	4	2	6	3	9	1	5	8
9	5	8	4	1	2	7	6	3
6	9	3	2	8	7	5	1	4
8	1	4	9	5	6	2	3	7
2	7	5	1	4	3	6	8	9

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Christian Catalyst
JOIN US THIS THURSDAY AT 6PM
THIS WEEK: God keeps His Promises
U of C Downtown Campus
906 – 8 Ave SW
JesusHouse.ca
PH (587) 719-9804
@JesusHouseCA

TRADE IN TRADE UP

SUMMER CLEARANCE EVENT

CALGARY'S ORIGINAL Jeep STORE Since 1976

2014 CHEROKEE LIMITED
14J574 • LOADED
$41,819
OR $235/BW • $0 DOWN

2014 GR. CHEROKEE LAREDO
14J102 • DEMO W. 100 KM!
$34,998
OR $208/BW • $0 DOWN

2014 WRANGLER SPORT
14J422 • V6 • 6-SP MANUAL
$20,798
OR $118/BW • $0 DOWN

WAS $66,498

2014 GR. CHEROKEE OVERLAND DIESEL
14J377 • DEMO W. 100 KM!
$56,998
OR $337/BW • $0 DOWN

SAVE $4,451

2014 WRANGLER SAHARA 4-DR.
14J233 • NAV •HTD. SEATS
$33,998
OR $205/BW • $0 DOWN

WAS $75,809

2014 GR. CHEROKEE SRT8
14J437 • DEMO W. 100 KM!
$67,998
470 HP! LOADED!

HOT! TO THE LOT!

$14,998

HOT! 2005 GRAND CHEROKEE
HEMI • LIMITED
118,000 KM
14J390B

HOT! TO THE LOT!

$23,998

HOT! 2005 RAM 1500 SRT10
VERY RARE!
122,000 KM
13T540B

HOT! TO THE LOT!

$25,998

HOT! 2012 RAM 1500 SXT 4x4
V8 • CREW CAB
ONLY 14,950 KM
14T115A

2014 MOTOR TREND TRUCK OF THE YEAR!

2014 RAM 1500 SXT
14T246 • HEMI V8
$19,998
OR PAY **$117** BIWEEKLY

2014 RAM 1500 SXT 4X4
14T599 • QUAD CAB • HEMI • TRAILER TOW
$27,498
OR PAY **$167** BIWEEKLY

2014 DODGE JOURNEY SE
14T522
$19,998
OR PAY **$112** BIWEEKLY

2014 DODGE DART SE
14C033
$16,998
OR PAY **$91** BIWEEKLY

2014 RAM 1500 SPORT
14T297 • NAV • SUNROOF • BACKUP CAM • QUAD CAB
$41,990
OR PAY **$237** BIWEEKLY

2014 RAM 2500 DIESEL
14T599 • SXT • 4X4 • CREW CAB • 6-SPEED
$46,900
OR PAY **$278** BIWEEKLY

2014 GRAND CARAVAN
14T356 • CANADA VALUE PACKAGE
$20,998
OR PAY **$122** BIWEEKLY

NEW! 2014 CHRYSLER 200
14C014 • AUTO • ALL POWER OPTIONS
$17,648
OR PAY **$100** BIWEEKLY

HAN KIM
24 YEARS

JOE CHIARIZIO
48 YEARS

BILL DODDRIDGE
42 YEARS

AARON SNOWIE
8 YEARS

PARM RAMCHARAN
24 YEARS

GLEN BARRETH
PRESIDENT
45 YEARS

ROB COLEMAN
GENERAL MANAGER
20 YEARS

MARTIN VENNERI
SALES MANAGER
8 YEARS

DARCY SCHINNOUR
SALES MANAGER
18 YEARS

AHMED MANSOUR
8 YEARS

PHIL LAWRENCE
22 YEARS

NORM BELLEFLEUR
25 YEARS

JIM NARFASON
22 YEARS

SCOTT CLAY
4 YEARS

DAN MILLS
21 YEARS

CALGARY'S MOST-EXPERIENCED TEAM HAS THE ANSWERS!

BIG4

7300 MACLEOD TRAIL S. NORTH OF HERITAGE DR.

(403) 451-6193

www.BIG4MOTORS.com

AMVIC LICENSED. ALL OFFERS OAC. ALL OFFERS INCLUDE FEES AND TAXES BUT EXCLUDE GST. BIWEEKLY PAYMENTS BASED ON 96 MONTH TERMS @ 4.99% (3.49% CHEROKEE; 3.99% GR. CARAVAN) AND $0 DOWNPAYMENT. COST OF BORROWING @ 4.99%= $8,490.81 (2014 RAM 1500 SPORT) ALL REBATES TO DEALER (INCLUDING 2014 RAM LOYALTY BONUS). VEHICLES MAY NOT BE EXACTLY AS SHOWN. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.

JULY 18 & 19

The GREATEST OUTDOOR SALE On Earth

PORTION OF ALL SALES WILL GO TOWARDS SUPPORTING THE ALBERTA CHILDREN'S HOSPITAL

SOUTH — Jack Carter Chevrolet Cadillac Buick GMC

CENTRAL — GSL GM CITY

NORTH — GM SHAGANAPPI

HELD OFF SITE AT GREY EAGLE CASINO & BINGO

GM

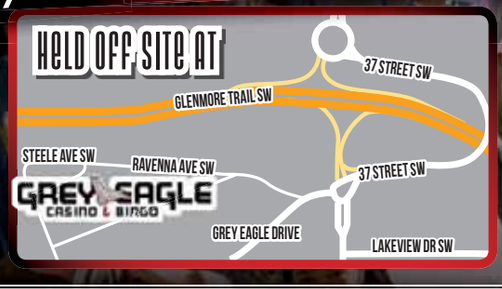
2 DAYS SELL OFF EMPLOYEE PRICING EVENT

— YOU PAY WHAT WE PAY —

Hurry In! **NO EXTENSIONS!**

FINANCE AS LOW AS 0%* FOR UP TO 84 MONTHS

LEASING AS LOW AS 0%* FOR UP TO 60 MONTHS



BBQ & DRINKS EACH DAY ★ ON SITE LENDERS TO APPROVE IMMEDIATE DELIVERIES ★ GIVE-A-WAYS EVERY DAY ★ INCREDIBLE SAVINGS ★ ALL MAKES! ALL MODELS! ★ 1000'S OF VEHICLES TO CHOOSE FROM!